



# Raw: Recipes for a modern vegetarian lifestyle

*Solla Eirisdottir*

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**Raw: Recipes for a modern vegetarian lifestyle** Solla Eiriksdottir

**A modern and fresh take on vegetarian and raw food from celebrated Icelandic chef Solla Eiríksdóttir**

Featuring 75 healthy and delicious recipes, Raw introduces readers to the new look of vegetarian and raw food. Divided into five chapters – breakfast, snacks, light lunches, main dishes, and sweet treats – readers can expect bright, fresh flavours with recipes like Green smoothie, Pistachio and kale hummus, Quinoa pizza, and vegan Vanilla ice cream. All the recipes are vegetarian and many are raw and vegan.

Every recipe includes symbols to indicate whether dishes are suitable for a dairy-free, gluten-free, nut-free, raw-food, or vegan diet.

After each chapter of recipes there is a seasonal recipe and activity section, which explores some wider lifestyle elements of living healthily, for example growing vegetables in small spaces, dying cloth with turmeric in summer, picking wild berries in fall, and making holiday gifts in winter.

This book will appeal to raw food fans, the health conscious, and lovers of all things Nordic.

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